

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 32028, Turnover, filled with egg, meat and cheese, frozen

Report Date:December 04, 2015 23:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	57.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kcal	228	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	952	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein	g	7.87	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Total lipid (fat)	g	12.60	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Ash	g	1.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Carbohydrate, by difference	g	20.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary	g	0.8	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Sugars, total	g	7.87	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	79	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Iron, Fe	mg	2.13	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Phosphorus, P	mg	111	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Potassium, K	mg	177	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Sodium, Na	mg	378	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Zinc, Zn	mg	0.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Copper, Cu	mg	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Selenium, Se	µg	14.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Thiamin	mg	0.261	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Riboflavin	mg	0.224	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Niacin	mg	2.726	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Folate, total	µg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Folic acid	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Folate, DFE	µg	70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Choline, total	mg	28.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin B-12	µg	0.33	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin A, RAE	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Retinol	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Carotene, beta	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin A, IU	IU	157	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Lutein + zeaxanthin	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin E (alpha-tocopherol)	mg	0.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin D	IU	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin K (phylloquinone)	µg	3.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Lipids													
Fatty acids, total saturated	g	5.512	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
4:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
6:0	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
8:0	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
10:0	g	0.121	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
12:0	g	1.340	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:0	g	0.600	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
15:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
16:0	g	2.158	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
17:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:0	g	1.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
20:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
22:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total monounsaturated	g	4.298	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:1	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
16:1 undifferentiated	g	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
17:1	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:1 undifferentiated	g	4.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
20:1	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
22:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total polyunsaturated	g	2.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated	g	1.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:3 undifferentiated	g	0.103	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
20:2 n-6 c,c	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
20:3 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
20:4 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
22:4	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
22:6 n-3 (DHA)	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Cholesterol	mg	31	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015